Mindful Movement and Self Care

Presenter: Kathy Diehl, MFA, MSW

Presentation Description

In this session, Kathy Diehl, Assistant Professor and Director of Dance at ISU, will provide information about somatic practices and guide participants through several experiential exercises designed to build self awareness and promote self-care. Somatics is an umbrella term encompassing ideas and practices related to mindful movement for the purpose of enhancing human functioning and body-mind integration. Essentially, somatic movement involves learning from the Living/Moving Body through embodied conscious awareness. Yoga is one mainstream example of somatic practices, but there are many others including Bartenieff Fundamentals, Alexander Technique, Body Mind Centering, Feldenkrais, etc. that are restorative in nature. As a former psychotherapist, Diehl has a unique understanding of the potential challenges health and human service professionals face, particularly in the realm of vicarious traumatization. In her current work as a dance educator and artist, she has been researching the healing and therapeutic aspects of dance and movement, particularly for those who do not identify as dancers. Participants will be invited into an exploration of the mind-body-soul connection as a means of discovering the recuperative power of movement, not only as a means of practicing self-care, but also as a possible means of personal expression.

Participants who attend this session will:
1. Develop a greater understanding of the relationship between movement and self-care
2. Deepen awareness of the kinesthetic sense and the role that plays in therapeutic relationships and self-care
3. Gain information about restorative somatic practices, particularly Bartenieff Fundamentals
4. Explore movement possibilities in regards to recuperation and personal expression

Kathy Diehl, MFA, MSW

Kathy Diehl, MFA, MSW began her dance career as a founding member of Rochester City Ballet under the artistic direction of Timothy Draper. Diehl has performed with Bill Evans Dance Company, Present Tense Dance, Biodance, Anne Burnidge and Dancers and several freelance choreographers. She has been a guest choreographer at a variety of universities and has presented work both nationally and internationally. Diehl is a Certified Evans Teacher (CET), completed a 200 hour yoga certification, pilates mat certification, and Level One of Shin Somatics. As a former psychotherapist, she promotes the therapeutic, healing properties of dance and movement and has been actively researching kinesthetic empathy and applications within the creative process, pedagogy, and interdisciplinary collaborative possibilities. Diehl is currently an Assistant Professor of Dance and the Director of Dance at Idaho State University